AMERICAN GOLFER FIGHTS THROUGH RAIN IN WIN
SPORTS {page 21}

FROM INTERN TO STAFF
TIPS TO CHANGE YOUR STATUS AT WORK {page 18}

BRAVEHEART?

GIBSON, EX SETTLE BITTER DISPUTE {page 9}

OTTAWA metro®

Monday, August 29, 2011
www.metronews.ca

News worth sharing.

Pride. Parade

▶ The Capital Pride Parade winds its way down Laurier Avenue West toward city hall and Marion Dewar Plaza.

SEAN MCKIBBON/METRO

Parade concludes Capital Pride Week

Despite cold winds and an overcast sky that threatened rain, an estimated 60,000 people turned out yesterday to watch and cheer on the 2011 Capital Pride Parade. Organizers say spectator attendance last year was 35,000. For more on the parade see page 3.

A plea for information in student's homicide

Family, friends go online to share condolences

Friends and relatives of homicide victim Valérie Leblanc, a CEGEP student whose body was discovered last week in a forest behind her Gatineau school, are appealing online for witnesses to come forward.

Annie Guidon, one of Leblanc's friends, created a Facebook page called "RIP Valérie Leblanc." In the description she wrote in French, "I hope justice will soon be served."

Yesterday the group already had 749 members, and a Gatineau police detective had posted a dedicated anonymous tip-line number — 819-243-2346 ext. 6677 — to the site.

Friends, family and well-wishers have left a steady stream of condolences since the page opened. Leblanc's aunt, Isabelle, composed a three-line poem called A Teardrop, signing off with, "I love you and will never forget you."

The 18-year-old's burned body was discovered on a trail behind CEGEP de l'Outaouais last Tuesday. A second investigation related to Leblanc's murder is currently underway, as police suspect someone may have tampered with her body.

Yesterday the victim's grandmother, Huguette Leblanc, had a difficult time discussing what the loss meant to her over the phone.

"I miss her presence," she said in French after a pause. She said she hoped it will be easier to discuss her late granddaughter's passing after the funeral, taking place Wednesday at 2 p.m. in the St. Joseph Cathedral in Gatineau. AMEN JAFRI

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NOTICED

RIDEAU CENTRE
rideaucentre.net

Damage from blaze estimated at $50,000

The Red Cross was called in yesterday to help four men displaced from 89 Bell St. N. due to a fire. Ottawa Fire Services responded to the house fire at 11:39 a.m. A mattress was ablaze on the ground floor of the two-storey building.

The total damages to the building and its contents are estimated at $50,000.

The cause of the fire is unknown and under investigation. METRO

Prostitution bust nets 7 arrests

Ottawa police conducted a two-day prostitution sweep in the city's west end on Aug. 12 and 26, resulting in seven arrests.

Two female sex workers and two males were charged with various Criminal Code offences, including communicating for the purposes of prostitution and mischief.

A total of 11 charges were laid, police said.

Anyone with information is asked to call Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

METRO

For more local news visit metronews.ca/ottawa

JOE LOFARO/METRO

▶ John Wilson speaks at the We (Still) Demand rally yesterday commemorating Canada's first LGBTQ civil-rights rally in 1971.

'There's still a lot of prejudice': Activist

- Work still to be done to further LGBTQ rights, says John Wilson
- Stark contrast between yesterday's parade and tension-filled 1971 rally

JOE LOFARO
@METRONEWS.CA

Forty years ago, John Wilson never thought he would be standing on Parliament Hill again with supporters of the gay-rights movement after attending the country's first We Demand rally.

Yesterday, just an hour before Ottawa's downtown would be filled with jubilant spectators cheering on the Pride Parade, Wilson took a trip down memory lane and returned to the Hill to mark the 40th anniversary of the We Demand gay-rights rally, which called for changes to laws that discriminated against the LGBTQ community.

Wilson, who is now a Queer Ontario member, said it felt great to be on the Hill with everyone after acknowledging the accomplishments he and others in Canada have made.

"There's a lot left to be done," he said after speaking to about 100 people about his demands, such as having gay-straight alliances in Catholic schools.

"The policy of the Ministry (of Education) is to encourage the formation of such groups, but they don't enforce their own policy," he said.

"There's still a lot of prejudice."

Twenty-one-year-old Sarah Doucet agreed. Doucet said she and Barbara Ann Kehoe have had a difficult time looking for a place to rent because landlords turn them away for being a gay couple.

"We've actually found ads where it's like, 'No pets, no smokers, no gays,'" said Doucet. "It's especially hard for me because since I've been with Barbara, I've been becoming more comfortable with my sexuality and coming out, and stuff like that kind of shuts me back down a little bit."

But on days like yesterday, they said it was easy to just be themselves and they were anxious to watch their first Pride Parade move through the downtown core.

An estimated 60,000 spectators filled the streets for the 2011 Pride Parade, according to Capital Pride chair Doug Saunders-Riggins, and about 1,600 participants walked in the parade.

1 news

From missile defence to volcanoes, federal scientists go online to answer questions from Canadians. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Check out metronews.ca for a web gallery of photos from Sunday's Pride Parade.

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Irene punch not as packed in N.Y.

At least 15 people died in the chaos Storm knocked out power for 4.5 million on Eastern Seaboard

Stripped of hurricane rank, Tropical Storm Irene spent the last of its fury yesterday, leaving treacherous flooding and millions without power — but an unfazed New York and relief that it was nothing like the nightmare authorities feared.

The East Coast surveyed the damage, up to $7 billion US by one private estimate, and worried of danger still lurking: The possibility of rivers and streams swelling with rainwater and overflowing in coming days.

The nation's most populous region began the arduous process of getting back to normal. New York lifted its evacuation order for 370,000 people and said it hoped to have its subway rolling again today. Philadelphia restarted its trains and buses.

The centre of Irene passed over Central Park with the storm packing 105-kilometre per hour winds. By evening, it brushed over New England and moved east at 80 kilometres per hour. It was expected to drift into Canada later yesterday or early today. THE ASSOCIATED PRESS

Washed away

- 20 homes on Long Island Sound in Connecticut were destroyed by churning surf.
- 236 kilometres of New York's main highway were washed out.

JASON DECROW/THE ASSOCIATED PRESS

▶ A passerby steps over lines taken down by a large tree, which was blown down by Tropical Storm Irene as it passed through the Astoria neighbourhood of the Queens borough of New York yesterday.

Living with a Disability?

Learn about the Registered Disability Savings Plan (RDSP), Grant and Bond

- How it will help people with disabilities and their families save for the future
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- How to apply
- Where to get more information

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Funding for these information sessions is provided by the Government of Canada.
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News in brief

Travellers wait on flights

Travellers across the nation waited for flights to resume in and out of East Coast airports that were closed by Tropical Storm Irene this weekend.

Federal officials said airports reopened around Washington, which took a glancing blow from Irene.

American Airlines said it was resuming flights at the three major airports around the capital. New York-area airports remained closed yesterday morning.

Airlines said passengers should call ahead and make sure they have a confirmed seat before going to the airport. THE ASSOCIATED PRESS

Floods prompt boat rescues

New York City's fire department made dozens of water rescues around the city because of Irene and was searching for other people who might be trapped.

In the Broad Channel section of Queens, city rescue workers were riding in boats to search bungalows to make sure no one was inside. Altogether, the FDNY has rescued 61 adults and three babies from 21 houses.

Department spokesman Paul Iannizzotto says rescuers in boats picked up 26 people from three families yesterday morning on Staten Island after their homes were flooded by more than 1.5 metres of water. THE ASSOCIATED PRESS

Irene's fury not over: Obama

Despite Tropical Storm Irene's weakened punch, U.S. President Barack Obama urged those in its path to stay vigilant and warned the storm's impact would continue to be felt for some time.

He urged the public to heed the warnings and said his administration would continue working with cities and states to prepare for necessary responses. THE ASSOCIATED PRESS

Typhoon pummels Philippines

Typhoon Nanmadol began blowing toward Taiwan yesterday after leaving several dead and scuttling a visit by a U.S. navy carrier group in the Philippines, officials said.

Taiwan issued sea and land warnings and planned to evacuate about 6,000 people in its eastern and southern regions. Troops and rescue equipment were deployed.

The typhoon drenched the northern Philippines with rain before pummeling the area with fierce wind, setting off landslides and floods and toppling walls. At least six people are missing and 20 were injured, said Benito Ramos, head of the Office of Civil Defence. THE ASSOCIATED PRESS

10

At least 10 people were killed when Typhoon Nanmadol struck the Philippines over the weekend.

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Air Canada flight attendants reject latest offer

- Union says 87.8 per cent of those who voted turned down agreement
- $46M loss in spring quarter

The head of the union representing flight attendants at Air Canada hopes the federal government won't intervene in the escalating labour dispute between the two sides.

Jeff Taylor, president of the Air Canada component of CUPE, says he wants the government to respect the union's right to collective bargaining.

But he says it's difficult to predict what the Conservatives will do, noting they were about to legislate striking customer service staff back to work.

The customer service agents hastily reached a new contract with the airline in June before the government lowered its legislative hammer.

The flight attendants have overwhelmingly rejected a tentative agreement reached with the airline this month.

CUPE says it is organizing a strike vote for next month and intends to talk to management about restarting negotiations.

Air Canada issued a statement Saturday acknowledging the rejection by the flight attendants and declined to comment yesterday.

Taylor said morale is low amongst flight attendants as the labour dispute continues.

"I can honestly say they are pretty unhappy, and a bit angry," he said.

The airline has faced a number of labour troubles this year as it seeks to cut costs.

THE CANADIAN PRESS

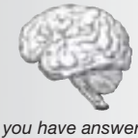
ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Air Canada agents process passengers in Halifax earlier this year. The company has suffered another labour setback as its flight attendants have rejected a tentative agreement reached this month.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐



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Research programs are reviewed by an ethics review board.

News in brief

Murdoch tech deal quashed

MEDIA. New York's comptroller has nixed a $27-million contract with a Rupert Murdoch company.

Thomas DiNapoli rejected a state Education Department contract with Wireless Generation to develop software that would track test scores.

THE ASSOCIATED PRESS

Tax rules brew confusion

SAVINGS. Thousands of holders of tax-free savings accounts likely over-contributed in 2010 and now must pay additional tax.

Many remain confused about the timing of the tax-free deposits.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
+ 43.20 (12,327.51)	+ 0.39¢ (101.73¢ US)
Oil	**Natural gas 1,000 cu ft**
+ $0.07 ($85.37 US)	$3.912 US (+ 0.9¢)
	Gold
	$1,797.30 US (+ $34.10)

Economic fears ignite consumer slump

Fears over weak economic data in the U.S. has resulted in stock market havoc in recent weeks that has wiped out trillions of dollars in investments and savings and made people nervous on both sides of the border.

Last week alone, Canadian consumer confidence dropped to its lowest point in two years. Meanwhile, the U.S. has revised its second-quarter gross domestic product figures down to just one per cent.

THE CANADIAN PRESS

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Maeve Binchy
Minding Frankie
THE OMEN MACHINE
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THE POWER OF SIX
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The Economist
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ADDING UP COMMUTERS' LOST HOURS

URBAN COMPASS

STEVE COLLINS
METRO OTTAWA

It might not be the most welcome reading for those of us clinging to the last of summer vacation, but a Statistics Canada report on commuting released last week tallied and analyzed the growing chunk of our lives we spend getting to work every day.

The average Canadian commute on a typical day last year took 26 minutes, 27 minutes for Ottawa residents. Gridlocked Toronto topped the daily drudgery index with an average commute of 33 minutes, and 27 per cent of trips took 45 minutes or more.

The numbers also showed commute lengths creeping upwards, eating more of our time every year. Last year's average daily round-trip from home to work and back, with errands like dropping off kids and picking up groceries thrown in, was 65 minutes, up from 63 minutes in 2005. In 1992, it was 54 minutes.

"On average, public transit was slower (44 minutes) than getting behind the wheel (24 minutes), and in part explains why 82 per cent of us prefer to drive."

On average, public transit was slower (44 minutes) than getting behind the wheel (24 minutes), and in part explains why 82 per cent of us prefer to drive, but StatsCan researchers went beyond the bare numbers to how people felt about their commuting situations — or predicaments.

Those who suffered longer commutes and worse traffic tended to report higher levels of daily stress, but there were some interesting wrinkles.

Once commutes reached 15 minutes or longer, for example, transit riders were more likely to be satisfied with their trip than drivers. It might be a matter of lowered expectations among bus riders, or the discovery that it's more pleasant to relax with a book (or your favourite free daily paper) than personally battle with the traffic every day.

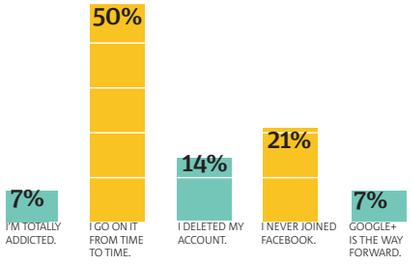
City governments often speak of easing traffic congestion and pollution by coaxing more people out of their cars and onto the buses and trains, but the StatsCan report identifies a hurdle there: Of drivers who had never used public transit, only 15 per cent thought it would be a convenient way of getting around. Among drivers who had actually tried it, 47 per cent thought so.

So, drivers who experience transit are more likely to have a favourable impression of it. The question is, how do you let the others know what they're missing? OC Transpo, which raised fares once again in July and starting next week enacts a significant program of service cuts, seems ill-placed to win many converts.

Contact Steve Collins at ottawaurbancompass@metronews.ca

Register at metropolitanpanel.ca and take the quick poll

Some numbers suggest Facebook use in Canada has been slowing. What are your thoughts on the site?



Local tweets

@ottawasteph
Geez, hasn't anyone rented a doubledecker for the Parade? Times are tough. #capitalpride

@iancapstick
Fantastic warm supportive response from the Ottawa crowds at #capitalpride

@rockingthemike
fantastic parade this year at #capitalpride!!

@McNerp
@JimWatsonOttawa thank you for supporting our community. #Ottawa #pride #capitalpride

@ValckeNDP
Thought I could watch the video of Jack's funeral coverage today. I can not. #lessonlearned http://t.co/5MLh2Ig

@see_jane_sell
Wow it's cold in #Ottawa. Feels like fall. I do not like this, Sam I am.

Worth mentioning

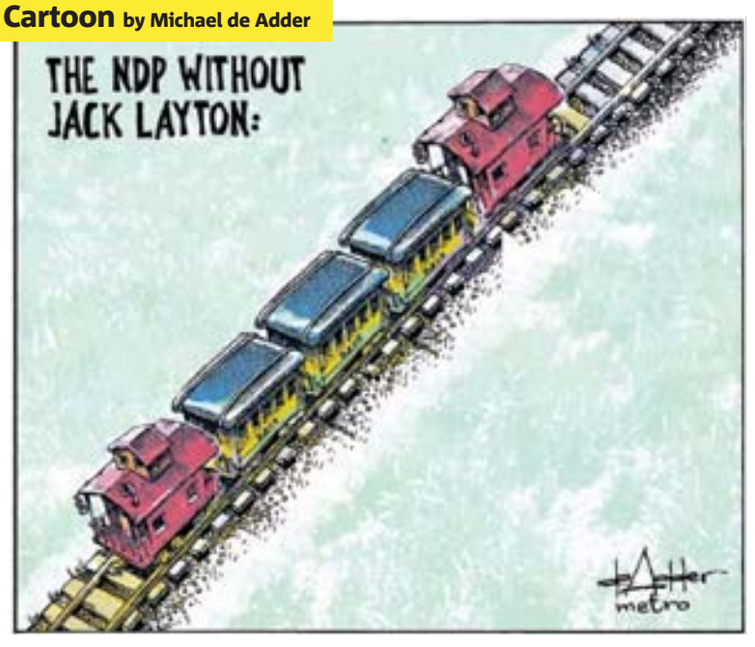
New school of freedom

ATHENS, GA. As college students return to campus in Georgia, a new state policy has closed the doors of the five most competitive state schools to illegal immigrants, but a group of professors has found a way to offer those students a taste of what they've been denied.

The five University of Georgia professors have started a program they're calling Freedom University. They're offering to teach a rigorous seminar course once a week meant to mirror courses taught at the most competitive schools and aimed at students who have graduated from high school but can't go to one of those top schools because of the new policy or because of cuts to state scholarship programs.

"What we're hoping is that people in decision-making positions will reconsider the policy," said Reinaldo Roman, one of the organizing professors. "It goes counter to our aims. We have invested enormous resources in these young people." THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Not too posh to push around a cop in Mexico

An odd instance of police abuse in which two snobby women shoved, slapped and insulted a cop has captured Mexico's attention and sparked debate on police tactics, gender and class issues.

Tapes of the late-night confrontation on Aug. 20 in the upscale Mexico City neighbourhood of Polanco became a hit on social networking and video-sharing sites, exposing Mexicans' frustration with both the arrogant rich and ineffectual police.

Pulled over in a traffic stop, the two women shout, swear, shove and slap a policeman, who does nothing to resist. He tries to calm them, moves away several times and eventually allows them to drive away.

One of the women, a former Puebla state beauty queen identified as Maria Vanessa Polo Cajica, can be heard on the video waving her hand in front of the officer's face, insulting his mother and calling him a "crappy wage slave."

Police Chief Manuel Mondragon said the officers were waiting for a backup unit of female officers to detain the pair, because male cops only physically detain women if someone's safety is at risk. THE ASSOCIATED PRESS

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HANDOUT

▶ Etiquette guru Anthea Turner and chef Corbin Tomaszeski.

Hosting battles resume

Wrestlers, social butterflies and a straight-laced couple sharpen their knives and wits as the second season of Dinner Party Wars begins

HANNAH ZITNER
SCENE@METRONEWS.CA

In a suburban kitchen on the outer edge of Toronto, half-cooked steak, mystery fish eggs and a whole lot of vodka set the scene for an "interesting" Russian-style dinner party.

Known more for their ability to throw a wild soirée than master a dinner party, hosts Erina Karamani and Elena Morozovathe focus their hosting energy on the entertainment portion of the evening: vodka shots, a martini demonstration and raunchy question period.

On the set of the reality show Dinner Party Wars, where teams take turns trying to one-up each others culinary prowess, hosting grace and entertainment abilities, the 24-year old hosts are delivered bad news moments before their guests arrive.

"That's not caviar," celebrity chef Corbin Tomaszeski tells the 24-year-old hosts. "That's roe."

Starring blankly at each other, the two blonds dressed in animal prints have to think quickly to come up with a plan B.

"Maybe it's their strategy to appear like dumb blonds who don't know what they're doing," says fellow contestant Greg Danakas. "But I'm sure they're not (dumb blonds) and they will really surprise us. But at least it will be interesting when they hit the kitchen."

Having grown up in the stock room of his parents' restaurant, Danakas says he and his wife Helen make a perfect hosting team.

"I do the cooking and he does the entertaining," she says adding his career as a high school drama teacher is evidence he's not one to shy away from centre stage.

"I'm pretty sure we can win this thing... After all, how can you beat Greek hospitality?"

What happens when you throw two wrestlers, a conservative couple and a life-of-the-party duo into a ring with a bottle of tequila? The season premier of Dinner Party Wars airs Wednesday at 10 p.m. ET/PT on Food Network Canada.

Party tips

- **Chef Corbin**
  Preparation, preparation, preparation. The number one reason people fail at dinner parties, says Corbin, is because they don't think ahead. "They fly by the seat of their pants and more often than not, are caught with them down."
- Cook what you know, know what you cook. "Too often we have people who want to play chef and cook things far too complicated," says Corbin. Keeping things simple is the key to success.
- Taste test. Serving before tasting is a common mistake, says Corbin. "Cooking from a recipe can be very clinical, so you need to be tasting and touching — you'll have a much better outcome."
- **Anthea Turner, etiquette guru**
  Get it done. Finishing chores well in advance leaves more time for the hosts to entertain. "Set the table the night before and get your clothes ready," says Turner, who says she sometimes lays plates and cutlery two nights before a shindig.
- Clean it! "Many times there's a toothbrush or remnants of kid's potty in the washroom. I don't want to see any of that," says Turner. Paying attention to the small details goes a long way: Fresh soap, and a clean hand towel are musts when hosting.

HANNAH ZITNER

Gibson reaches custody settlement

Mel Gibson and his ex-girlfriend have reached a financial and custody settlement of a bitter dispute that spawned a criminal case and left the Academy Award winner's reputation damaged.

Los Angeles Superior Court officials said in a statement late Friday that Gibson and Russian musician Oksana Grigorieva had reached an agreement after days of negotiation. Terms and conditions of the settlement were not announced, but a hearing Wednesday will be held to discuss the financial terms.

The equally contentious issue of custody of the couple's infant daughter will be handled in closed session, the court announced.

Gibson's spokesman Alan Nierob confirmed the settlement and said the actor-director appreciated the judge's help in mediating the case. Grigorieva spokesman Stephen Jaffe declined comment.

The former couple have sparred for more than a year over custody and financial issues in a mostly-secret court proceeding in Los Angeles. In June 2010, Gibson's attorney Stephen Kolodny said that his client had provided his ex-girlfriend with a four-bedroom, multimillion dollar home, vehicle and tens of thousands of dollars a month.

It is unclear exactly how much Grigorieva has been receiving since then.

The Braveheart star was charged with misdemeanour domestic battery as a result of a January 2010 fight with Grigorieva and pleaded no contest earlier this year. The actor-director entered his plea in a way in which he admitted no guilt, and Grigorieva cannot use the outcome in a civil case.

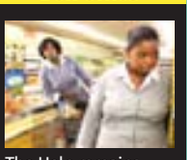
THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

▶ Mel Gibson and Oksana Grigorieva

2 scene

Box office



The Help remains Hollywood's top draw with $14.3 million on a slow late-summer weekend whose business has come in even more sluggish as many East Coast theatres closed to ride out the storm there. Irene was downgraded from a hurricane to a tropical storm Sunday, but the weekend already was a lost cause for many theatres in its path. Late August often is a dumping ground for movies with slim commercial prospects, and Irene cut even further into receipts for the weekend's three new wide releases. Zoe Saldana's action tale Colombiana opened in second-place with $10.3 million. Guy Pearce and Katie Holmes' horror story Don't Be Afraid of the Dark debuted in third with $8.7 million. Paul Rudd's comedy Our Idiot Brother premiered at No. 5 with $6.6 million.

THE ASSOCIATED PRESS

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Was Derek just a short stop for Minka?

Rumour has it that Minka Kelly may already be rebounding with her new costar

ALL PHOTOS GETTY IMAGES

▶ Back when the two were tight: Minka Kelly and Derek Jeter.

News of Derek Jeter and Minka Kelly's breakup has just started circulating, but has the actress already moved on?

Kelly has reportedly been getting close to her Charlie's Angels co-star, Ramon Rodriguez, according to People magazine.

"We have seen Kelly and Ramon talking in his trailer way after hours, and often late into the night," a source close to the show says. "They have been together long after they need to be for the show."

But another source insists there's nothing go on: "They're just friends. Ramon is basically the only guy on set so of course they all hang out with him." METRO

▶ Jennifer Aniston

Jen and Justin are shackin' up

Things are certainly getting serious for Jennifer Aniston and Justin Theroux, who are reportedly now living together in a rented house in the Hollywood Hills, according to People magazine.

"They decided to rent a house together while they keep searching for the perfect one to buy," a source says.

"Jen and Justin are very excited about living together in their new home."

That new home, a two-bedroom house, reportedly has hardwood floors, a pool, a spa, a deck and French doors leading out to the yard.

The couple have been staying there since August 1. METRO

Lovers, laughs

Sofia Coppola ties the knot

GARDEN CEREMONY. Sofia Coppola married longtime partner and Phoenix singer Thomas Mars in aceremony near Rome over the weekend, according to the Associated Press.

The bride was walked down the aisle by her father, Francis Ford Coppola, and guests at the low-key ceremony included Johnny Depp. "Everything went well," says Bernalda Mayor Leondardo Chiruzzi, who performed the ceremony. "It was simple, calm, in the garden." METRO

Gervais goes for broke

GOLDEN GLOBES, TAKE TWO. Despite uproar over his roasting of Angelina Jolie, Robert Downey Jr. and others at January's Golden Globes ceremony, Ricky Gervais says NBC has invited him back to do it all again, he tells the Guardian.

"I love the fact NBC stuck by me through it," he says. But is he considering taking the stage again in 2012? "I am but I shouldn't do it," he says. "It's a second encore. What am I going back as?" METRO

Celebrity tweets

@lindsaylohan

"Everyone please say a prayer for those in NY at this current time... my 2 brothers, grandmother, as well as friends are all in NY— god bless"

@ElizabethBanks

"Everybody in the hurricane, be safe. Everybody else, let your worry about the hurricane fade away while seeing #OurIdiotBrother tonight!"

@piersmorgan

"Current banner headline on #CNN — 'PIERS TAKES A BEATING FROM IRENE.' It's OK, I'm fine. #irene"

@SteveMartinToGo

New "approach to hurricane Irene. I'm going to try to reason with it."

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Grandparents step in to help grandkids as families struggle in bad economy.

HOLLY RAMER/ THE ASSOCIATED PRESS

▶ Reversible bucket hats are just one of the many projects in Oliver + S: Little Things to Sew by Liesl Gibson.

Last-minute summer projects

Making clothes with your kids' input is a great way to bond Try bucket hats as a start

Making a bucket hat probably isn't on anyone's bucket list, but maybe it should be.

The reversible bucket hat in the book Oliver + S: Little Things to Sew (STC Craft, 2011) is classic, cute and comfortable. And author Liesl Gibson maintains that making it is a treat for grown-ups as well as the young recipients.

Sewing, for Gibson, is "almost a luxury." It "buys you some time to do something creative with your hands. When many of us work on computers and aren't doing much with our hands, there's a satisfaction in creating."

Gibson, a former clothing designer, began designing patterns for children's clothing several years ago, for her young daughter.

STC CRAFT/THE ASSOCIATED PRESS

When others started asking for her patterns, she launched her Oliver + S line of patterns, and followed up with the book. It includes new takes on classic items such as a messenger bag, art smock and tutu. Gibson designed an "explorer vest" with lots of pockets after watching her daughter and friends gather stones, twigs and other little treasures.

Difficulty

Each project in the book is rated by difficulty using a one-four "scissor" system.

- **One pair of scissors**
  Projects marked this way are suitable for beginners.
- **Four pairs of scissors**
  These projects are for advanced sewers.

Gibson said she's been encouraged to see many women learning to sew when they become mothers. But she also believes her patterns and projects have a broader appeal, to anyone interested in sewing for children because it doesn't take much fabric and doesn't involve the fussy fitting issues that make sewing adult clothes difficult.

"I think the big surprise for me was that it wasn't such a small audience," she said.

While children likely would find some of the toy projects more appealing, the classic clothing and accessory designs lend themselves to experimenting with a variety of fabrics. The bucket hat, for example, can be customized by using a patterned fabric featuring a particular child's interests.

And a child who might otherwise balk at wearing a hat might embrace one that he or she had a hand in.

As with many of the book's projects, Gibson designed the hat with her daughter in mind. But it works just as well for boys.

The hat is reversible, so you can choose two favourite fabrics, or you could put a pocket on the outside.

It is rated "two scissors" because it requires sewing curved seams and topstitching, but no one step is complicated.

"It's small enough that you can make a bunch," Gibson said.

To download the bucket hat pattern and directions go to http://bit.ly/nACy4S.
THE ASSOCIATED PRESS

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Pizza gets global treatment

- **Incorporate an Indian staple into pizza by using naan bread as a base**
- **Travel to the Mediterranean with ingredients like olives & feta cheese**

BOTH PHOTOS: THE CANADIAN PRESS H/O

▶ Veggie pizzas on naan bread can be cooked on the grill.

These vegetarian grilled naan bread pizzas have a delicious twist. Walnuts, Parmesan cheese and sun-dried tomatoes serve as a base for a topping of fresh vegetables. The pizzas make a great appetizer served on a rustic cutting board for six to eight people.

Naan Bread Pizza

Preparation:

1. Combine walnuts, Parmesan and sun-dried tomatoes with a hand blender or food processor until a paste forms. Divide evenly between flatbreads and top with vegetables and cheese.
2. Preheat one side of barbecue on high and place pizzas on cooler side of grill. Close lid and bake for 7 to 10 minutes or until vegetables are cooked and cheese has melted.
3. Oven Method: Preheat oven to 200 C (400 F) and place pizzas directly on centre rack. Bake for 7 minutes. Broil on high for 2 minutes to brown vegetables, if desired.

THE CANADIAN PRESS/ CALIFORNIA WALNUTS

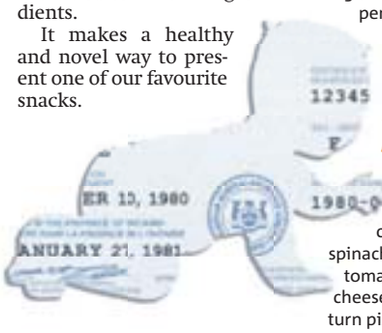
Ingredients:

- 125 ml (1/2 cup) walnuts
- 125 ml (1/2 cup) grated Parmesan cheese
- 7 sun-dried tomatoes
- 30 ml (2 tbsp) water
- 2 naan flatbreads
- 125 ml (1/2 cup) thinly sliced zucchini
- 125 ml (1/2 cup) thinly sliced onion, caramelized
- 75 ml (1/3 cup) sliced mushrooms
- 8 cherry tomatoes, sliced
- 50 ml (1/4 cup) canned artichokes, sliced
- 75 ml (1/3 cup) grated low-fat mozzarella

Mediterranean Pizza

Here is a different slant on making pizza at home. This variation uses a Greek yogurt dip in place of tomato sauce, then topped with Mediterranean ingredients.

It makes a healthy and novel way to present one of our favourite snacks.



Preparation:

1. Preheat the oven to 200 C (400 F). Generously mist a pizza pan with your chocie of non-stick vegetable oil spray.
2. Bake the pizza crust for 8 to 12 minutes or until it is golden brown. (Baking times may vary depending upon type of pizza crust and the type of oven.)
3. Spread the spinach-artichoke Greek yogurt dip over the hot crust. Top it with spinach, artichokes, tomatoes, olives, feta cheese and pepper. Return pizza to oven for 5 to 7 minutes. Cut and serve.

THE CANADIAN PRESS/ MARZETTI OTRIA GREEK YOGURT VEGGIE DIP

Ingredients:

- 1 prepared pizza crust or homemade pizza crust (25 to 30 cm/10 to 12 inches in diameter)
- 175 ml (3/4 cup) spinach-artichoke Greek yogurt dip
- 250 ml (1 cup) packed baby spinach leaves
- 250 ml (1 cup) canned artichoke hearts, cut into slivers
- 250 ml (1 cup) halved cherry tomatoes
- 75 ml (1/3 cup) pitted and halved kalamata olives
- 125 ml (1/2 cup) crumbled feta cheese
- 2 ml (1/2 tsp) ground black pepper

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ALL PHOTOS GEOFF FITZGERALD

▶ Fred Davis checks on the bees on the roof of the Four Seasons Centre for the Performing Arts.

Portraits shed light on plan bee

Photographer Geoff Fitzgerald is chronicling the efforts of those trying to help the dwindling bee population

"The term CCD (colony collapse disorder) was first coined in the later part of 2006 when there was a huge rise in the number of honey bees that began disappearing from their hives in North America and Europe," says photographer Geoff Fitzgerald.

"The main reason is still unknown; however there are many proposed causes like malnutrition, pathogens, mites, fungus and pesticides. Many scientists believe this phenomenon is caused by a combination of these factors; it is still hard to say."

Living in downtown Toronto, Fitzgerald never thought beekeeping in the city was possible. That was until he heard about the hives on the roof of the Fairmont Royal York Hotel.

Fitzgerald is chronicling the efforts of the Royal York, along with those by the Canadian Opera Company at the Four Seasons Centre for the Performing Arts and University of Toronto campuses.

Fitzgerald hopes to expand the series to include Fairmont hotels in Vancouver, Quebec and Calgary.

He also wants to photograph hives at Vancouver's city hall and the convention centre.

"I wanted to shoot these photographs as environmental portraits, not just close-ups of bees but to really show the urban environment, rooftop location and its surroundings.

I wanted the viewer to see the (person) behind the mask, to see how proud and passionate they are of their busy, hard working girls."

LEARN MORE ABOUT PHOTOGRAPHER GEOFF FITZGERALD'S WORK AT GEOFFFITZGERALD.CA

▶ Melanie Coates on top of the Fairmont Royal York in Toronto.

▶ Brian Hamlin, University of Toronto, Scarborough campus

Fall WALK & WIN Wellness Challenge

Join our Walk and Win Contest from September 12th to October 21st, 2011

Each week you reach a minimum of 70,000 steps on your pedometer and you weigh-in, you will EARN two ballots for your chance to win the GRAND PRIZE of $1000 shopping spree ($500 each from Bayshore and Place d'Orleans Shopping Centres). Come into one of the these office locations that best serve you to receive your weekly ballots and get your registration package so you can get started and WALK and WIN this fall!

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Cash is calling

From duct taping dresses to community outreach
Securing a scholarship no longer dependent on grades

CHRIS YOUNG/THE CANADIAN PRESS

▶Rehanna Devraj-Kizuk volunteered at a hospital during high school and sat on student council, initiatives that earned her $10,000 in post-secondary award money.

According to a 2010 Statistics Canada report, the percentage of students who graduate saddled with debt has risen over the past decade from 49 per cent to 57 per cent.

But what if someone told you there are millions of dollars available in scholarships and bursaries, many of which go unclaimed every year?

Read on for tips to help you secure your diploma without breaking the bank.

Do your research

Don't discount yourself based on your grades. There are scholarships available for everything from enjoying curling to being tall.

Winners of the Stuck at Prom scholarship get $5,000 for making their prom outfits out of duct tape, while the Harmony Movement hands out $1,000 to 10 students who create change in their communities.

Peruse websites like StudentAwards.com and ScholarshipsCanada.com, which have extensive databases of awards.

"There's a lot of money down here, and unfortunately it's not always easy to distribute with the lack of demand from students."
NORMAN SEQUIN, FINANCIAL SERVICES ADMINISTRATOR, UNIVERSITY OF OTTAWA

Chris Wilkins, president of Edge Interactive, says 81 per cent of the awards on ScholarshipsCanada.com don't require an academic average, and 70 per cent don't require students to demonstrate financial need.

Apply!

Norman Seguin, a financial services administrator at the University of Ottawa says there are plenty of bursaries at the school that go unclaimed.

"There's a lot of money down here, and unfortunately it's not always easy to distribute the money with the lack of demand from the students," says Seguin.

Peter Flynn, 21, suggests setting aside a block of time every night to apply for scholarships.

The University of Toronto law school student managed to cover all of his tuition and about half of his living costs during his undergraduate studies at the University of Ottawa with scholarship money.

Check back often

"There isn't a scholarship season," says Tyson. "Companies decide at any time of year that they want to put money out into the marketplace to help students."

There may be more scholarships available during some months than others. For instance, about 13 per cent of the awards on ScholarshipsCanada.com have an April deadline, while only one per cent are due in December.

But there are awards available all throughout the year, says Wilkins, so it's a good idea to keep checking back every month.

And many universities have awards available to second-, third- and fourth-year students, so keep looking for opportunities beyond your first year.

THE CANADIAN PRESS

To our many terrific teachers, with love

Valedictorian Jemy Joseph says she owes much to her teachers who pushed her to put her best foot forward

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

"Teachers are angels disguised as humans".

Jemy Joseph looked out from the podium to her graduating class at Francis Libermann School.

How far she had come since arriving at the age of 14 from India feeling scared and confused about life in a strange new country.

"I was verbally abused and bullied by other students."

It was her Canadian teachers that provided the turning point for Jemy in her early years in Canada.

"They dragged me into extracurricular activities. I joined the band and became the editor of the yearbook."

Under the gentle guidance and leadership of her teachers, Jemy graduated with top honours and is now pursuing a Master's degree in Cardiovascular Sciences at the University of Ottawa.

▶ Jemy Joseph

"I will be a doctor and I'd like to focus on public health, preventative medicine and health policy."

We are now on the threshold of a new school year and this is Jemy Joseph's love letter to all the teachers who helped her and scores of young people fit in, learn and succeed:

To all of our teachers in life, we say thank you.

The facts:

A quick lesson on our country's teachers.

- Number of teachers in Canada: 332,974
- A recent study found that more than 80 per cent of teachers say their greatest satisfaction is: "Making a difference in children's lives" and "Helping develop and motivate children"
- Eight in 10 teachers said they would still become a teacher if they had to do it all again

Canadian Teachers' Federation, Conference Board of Canada

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How to change your status from intern to staff

DREW HINSHAW
LIFE@METRONEWS.CA

ISTOCK

▶ It is a rare breed of worker that can make the intern-to-employee leap immediately. Be patient and resourceful.

Here's one way to make something out of nothing: Turn your unpaid, unappreciated summer internship into a salaried job. Cha-ching!

Too bad the giant leap from intern wolf pack to payroll happens less regularly than graduating seniors often assume, career counsellors warn.

"Students shouldn't put too much pressure on themselves to turn their specific internships into jobs," says Lauren Berger, an author and self-proclaimed "Intern Queen". "The reality is that not every internship is used as a recruitment tool."

That said, make the right impression, and your corporate overlords and fellow interns could be the link to your first out-of-college job.

"Really, really focus on building your network at your internship and build real relationships with as many executives, coordinators, assistants as you can," Berger encourages. "When you leave it's important to stay in touch with those people and let them know what it is you want to do."

Not every internship is a sure leg up, says Samer Hamadeh, author of The Internship Bible.

"But even bad internships help you figure out the jobs you don't want," he notes. Or they can lead to the jobs you really do want, he adds.

"While you're there, get lunch with assistants — they can be more effective than a higher level executive," Berger suggests. "They're in the loop. They know what jobs are available, and where they're available."

BEFORE YOU GO

"End of internship preparations should start two weeks before the end date," advises Berger. "Request your letters of recommendations early. Executives take forever on those."

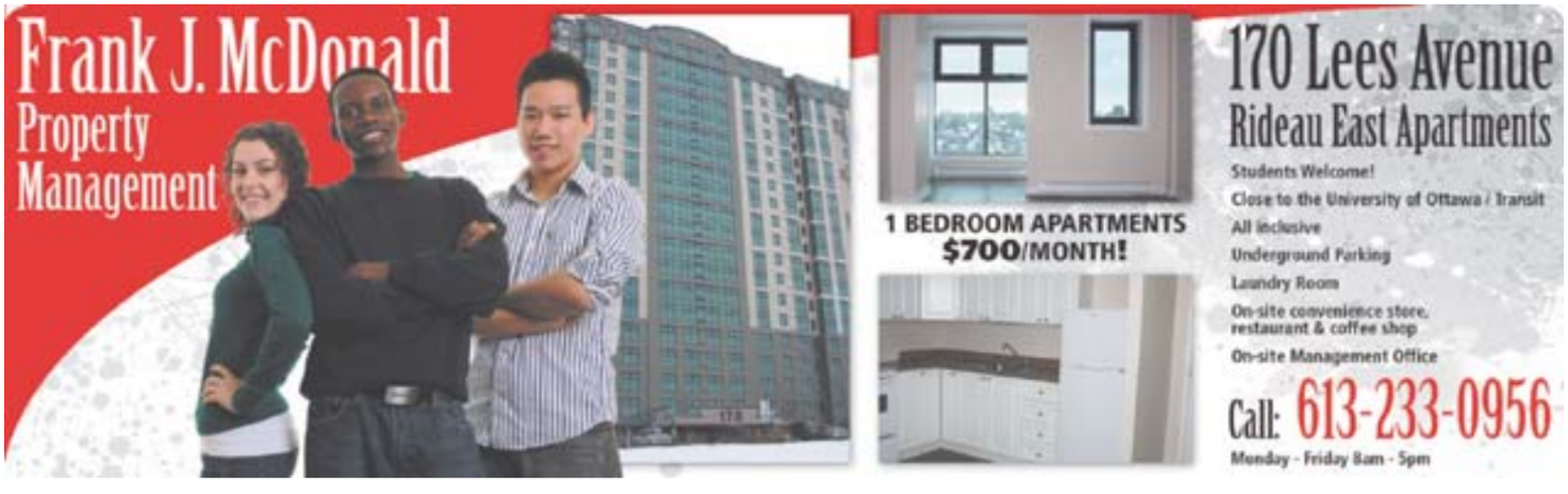
"End of internship preparations should start two weeks before the end date."
LAUREN BERGER, AUTHOR AND SELF-PROCLAIMED 'INTERNSHIP QUEEN'

Make sure you get coffee or lunch with your intern coordinator, too, she adds.

"That's the time for the student, if they are interested in a job, to express that," she explains.

KEEP IN TOUCH

"Anyone who you meet during the internship, keep track of those people's first and last names, and when it comes time to leave the internship, any executive, any employee who helped you, even the janitor, write a thank you note, handwritten," Berger urges. "Three times a year — Fall, Spring, Summer — you want to reach out to those people."



Nice guys often do come in last

Study shows that the mean ones at work make more

ISTOCK

▶ Spot the jerk? Spot a high earner.

A study presented in San Antonio, Texas, has shown that the people at work who make things miserable for everyone else, are actually the highest earners.

The study, called Do Nice Guys — and Gals — Really Finish Last?, by Dr. Beth Livingston, Timothy A. Judge of the University of Notre Dame and Charlice Hurst of the University of Western Ontario, looks into "agreeableness" and its effect on income.

The researchers analyzed information from three different studies that surveyed 10,000 workers over about 20 years. They found that men who measured "less agreeable" earned more — 18 per cent more — than their nice guy counterparts. That's about $9,972 more a year for being a jerk.

"Nice guys do not necessarily finish last, but they do finish a distant second in terms of earnings," the study says.

Ladies, it goes for you, too. Less agreeable women earn about five per cent more than those of us who abide by common niceties.

So why doesn't the old adage "do to others as you would have them do to you" pay off? According to the study, "people who are low in agreeableness may be perceived as more competent by virtue of their lack of warmth." METRO

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6:00 p.m. *(no appointment necessary)*
Room B442
1385 Woodroffe Avenue, Ottawa

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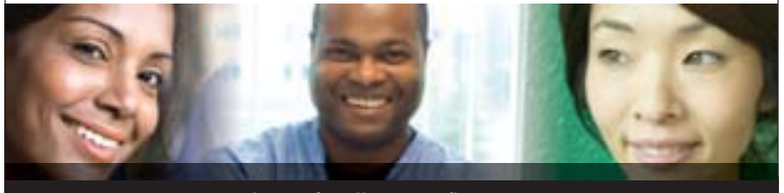
For further information, please contact the Algonquin College Language Institute at 613-727-4723 ext. 5700.



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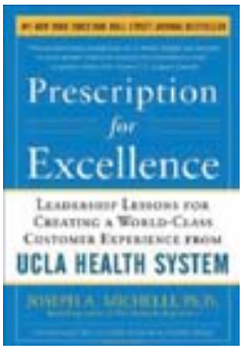
How good gets things done

BOOK REVIEW

CRAIG LUND
LIFE@METRONEWS.CA

When the topic of customer service comes up in discussion, most conversations likely centre around experiences with hospitality services such as a hotel stay or a restaurant or perhaps a retail situation. Think of the big smile (or lack thereof) you get from the greeter at Wal-Mart.

Hospitals however do not generally come up at all. In his book Prescription for Excellence, Joseph A. Michelli, Ph.D. describes the incredible transformation that took place at the UCLA Health System under the helm of CEO Dr. David Feinberg and points to the


Prescription for Excellence
Leadership Lessons for Creating a World-Class Customer Experience from
UCLA Health System
Joseph A. Michelli, Ph.D.

key aspect of this change being tied to service.

At the time when Feinberg became CEO he had "inherited an organization that had rich existing strengths in medical training, cutting edge research, and the delivery of extraordinary clinical outcomes."

However, UCLA's overall patient satisfaction scores were in the 30 to 40 percentile.

Initially tasked with turning around this perception, Feinberg was faced with some strong cynics in the industry, and even within the UCLA hospital system casting doubts with assumptions to the tune of, "We'll never be like other hospitals that get scores much higher than ours, say in the 60 or 70 percentile, because those hospitals don't treat cases at our level of complexity or they are not training facilities." Feinberg could not accept this excuse.

As many experts in human capital or leadership can attest, change is best delivered when a strong leader can lead by example and inspire his people. Starting with the basics one of the first things Feinberg did was reworking the Mission Statement which was, "Delivering leading-edge patient care, research, and education", and transformed it into a Vision Statement of 'healing humankind, one patient at a time, by improving health, alleviating suffering, and delivering acts of kindness."

Michelli points out several other key factors that contributed to UCLA staking a claim often in the top percentile for patient satisfaction, such as hiring methods to identify service centric people, and the introduction of formal guidelines for providing care such as the introduction of the CICARE (See I Care) program.

Michelli's book demonstrates the effects of inspirational leadership, despite the immensely challenging conditions in the health care system, described as "a complicated and often maligned sector of [the] economy."

At the end of the day, the simplest methods achieved the results… it isn't brain surgery. **CRAIG LUND, IS THE PRESIDENT OF MARKETING SERVICES FIRM MARKETING TALENT INC. AND CAN BE REACHED AT CLUND@MARKETINGTALENTINC.COM OR ON TWITTER @CRAIGLUND**

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Le Collège des meilleures pratiques

Lincicome weathers storm

ROBERT LABERGE/GETTY IMAGES

▶ Brittany Lincicome hoists the winner's trophy at the CN Canadian Women's Open yesterday in Mirabel, Que.

American beats poor conditions to win Canadian Women's Open

Brittany Lincicome put a new spin on the old show tune Singing In the Rain as she gritted her way through a storm to victory in the $2.2-million CN Canadian Women's Open.

The 25-year-old American made a dramatic par save in a driving rain to close with a 2-under 70 and edge defending champion Michelle Wie and Stacy Lewis by one stroke at Hillsdale Golf Club yesterday in Mirabel, Que.

Lincicome, who earned $331,492, said she kept herself calm by singing country songs to herself as she parred the final six holes to stay ahead of Lewis and hold off Wie, the winner last year in Winnipeg. Wie sank long putts at the 15th and 17th to make it close with an even-par 72.

Lewis had put up the low score of the day — a 67 on a day in which only 16 of 78 players were under par — more than an hour earlier.

"I was very patient, singing a lot of songs, very chatty," said Lincicome, who sings to herself as part of her sports psychology program to stay focused. "The weather was not great, but I was still having fun."

In her post-match interview, she cautioned that "I'm not a good singer, so I'm not singing for you."

The victory was nearly as sweet for her caddy, former LPGA regular A.J. Eathorne of Penticton, B.C., whose own playing career has been on hold since 2009.

Lincicome pulled her tee shot on 18 into a tent and had to take a drop, but managed to get the ball up near the green, chip it close and make the winning putt. She also had fine saves on the eighth and ninth.

"I'm growing as a golfer, I guess," said Lincicome. "If this would have happened a couple of years ago, I'm not sure how I would have handled it."

Playing in the last group, Wie needed birdie on 18 to force a playoff, but missed the green to the right and left her chip shot wide and short. She made the putt to keep a share of second place and win $174,812.

Fears that the final round would be washed out by remnants of tropical storm Irene did not pan out. Rain and nasty gusts of wind hit the lead groups about midway through their rounds, but nothing that would force a stoppage in play. THE CANADIAN PRESS

Canada's best

The low Canadian at the tournament was Jessica Shepley of Oakville, Ont., at 1 under.

- Sixteen-year-old Jisoo Keel of Coquitlam, B.C., was the low amateur at the Canadian Open at 4 over.
- Next year's Canadian Women's Open will be held at the Vancouver Golf Club in Coquitlam.

Price dominant as Rays cruise past Jays

RAYS	BLUE JAYS
12	0

The wind was blowing in David Price's face all day, and the left-hander was blowing the ball past the Blue Jays.

Price struck out a club-record 14 and Desmond Jennings had the first two-homer game of his career as the Tampa Bay Rays hammered the Toronto Blue Jays 12-0 yesterday.

Price said stiff winds made his two-seam fastball move more than it ever has.

"That wind blowing in my face did a lot for my two-seamer," said Price, who is 9-1 in his career against the Jays. "So I was having a lot of fun."

Price (12-11) held the Blue Jays to three hits and two walks in seven innings.

The Rays (73-59) had 18 total strikeouts in the game, also a franchise record, and have won the first three of a four-game series against the Jays (66-67), who have lost four straight to match a season high.

Brandon Morrow (9-9) allowed six hits, three walks and five runs in 5 ⅓ innings for the loss. THE CANADIAN PRESS

BRAD WHITE/GETTY IMAGES

▶ Tampa Bay's David Price pitches at Rogers Centre in Toronto yesterday.

4 sports

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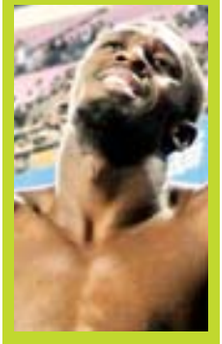

"Looking for tears? Not going to happen."

USAIN BOLT, WHO WAS DISQUALIFIED IN THE 100-METRE SPRINT FINAL AT THE WORLD CHAMPIONSHIPS IN DAEGU, SOUTH KOREA, YESTERDAY. THE OLYMPIC CHAMPION SNAPPED AT ANYONE WHO TRIED TO ASK HIM ABOUT THE FALSE START THAT LED TO HIS ELIMINATION.

"I was so surprised because we have been talking about that in training and now it happens."

BOLT'S JAMAICAN TEAMMATE, YOHAN BLAKE, WHO WENT ON TO WIN THE GOLD MEDAL.

Scan code for more sports.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	82	51	.617	—
New York	78	52	.600	2½
Tampa Bay	73	59	.553	8½
Toronto	66	67	.496	16
Baltimore	53	77	.408	27½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	73	60	.549	—
Chicago	66	65	.504	6
Cleveland	65	65	.500	6½
Minnesota	56	77	.421	17
Kansas City	55	79	.410	18½

WEST DIVISION

	W	L	Pct	GB
Texas	75	59	.560	—
Los Angeles	72	60	.545	2
Oakland	60	73	.451	14½
Seattle	56	76	.424	18

Yesterday's results

Tampa Bay 12 Toronto 0

Baltimore 2 N.Y. Yankees 0 (1st game)

Chicago White Sox 9 Seattle 3

Kansas City 2 Cleveland 1

Minnesota 11 Detroit 4

Oakland at Boston (ppd., hurricane threat)

N.Y. Yankees at Baltimore (2nd game)

L.A. Angels at Texas

Saturday Results

Tampa Bay 6 Toronto 5

Boston 9-4 Oakland 3-0

Chicago White Sox 3 Seattle 0

Cleveland 8 Kansas City 7

Detroit 6 Minnesota 4

L.A. Angels 8 Texas 4

N.Y. Yankees at Baltimore (DH; ppd., rain)

Tonight's games

Kansas City (Hochevar 8-10) at Detroit (Scherzer 13-7), 7:05 p.m.

N.Y. Yankees (F.Garcia 10-7) at Baltimore (Simon 4-6), 7:05 p.m.

Oakland (McCarthy 7-6) at Cleveland (D.Huff 1-2), 7:05 p.m.

Tampa Bay (W.Davis 8-7) at Toronto (R.Romero 12-9), 7:07 p.m.

Minnesota (Slowey 0-2) at Chicago White Sox (Buehrle 10-6), 8:10 p.m.

L.A. Angels (Pineiro 5-6) at Seattle (Beavan 3-4), 10:10 p.m.

Tomorrow's games

Kansas City at Detroit, 7:05 p.m.

Oakland at Cleveland, 7:05 p.m.

Toronto at Baltimore, 7:05 p.m.

N.Y. Yankees at Boston, 7:10 p.m.

Tampa Bay at Texas, 8:05 p.m.

Minnesota at Chicago White Sox, 8:10 p.m.

L.A. Angels at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	83	46	.643	—
Atlanta	79	54	.594	6
New York	62	68	.477	21½
Washington	62	70	.470	22½
Florida	59	72	.450	25

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	81	54	.600	—
St. Louis	70	64	.522	10½
Cincinnati	67	66	.504	13
Pittsburgh	62	71	.466	18
Chicago	57	77	.425	23½
Houston	44	90	.328	36½

WEST DIVISION

	W	L	Pct	GB
Arizona	75	59	.560	—
San Francisco	71	63	.530	4
Colorado	64	70	.478	11
Los Angeles	62	70	.470	12
San Diego	60	74	.448	15

Yesterday's results

Arizona 6 San Diego 1

Cincinnati 5 Washington 4 (14 innings)

Colorado 7 L.A. Dodgers 6

Houston 4 San Francisco 3 (11 innings)

Milwaukee 3 Chicago Cubs 2

St. Louis 7 Pittsburgh 4

Atlanta at New York (ppd., hurricane threat)

Florida at Philadelphia (ppd., hurricane threat)

Saturday Results

Arizona 3 San Diego 1

Cincinnati 6 Washington 3

L.A. Dodgers 7 Colorado 6 (11 innings)

Milwaukee 6 Chicago Cubs 4

Pittsburgh 7 St. Louis 0

San Francisco 2 Houston 1 (10 innings)

Atlanta at New York (ppd., hurricane threat)

Florida at Philadelphia (DH; ppd., rain)

Tonight's games

Florida (Ani.Sanchez 7-6) at N.Y. Mets (Dickey 5-11), 4:10 p.m. (1st game)

Philadelphia (Hamels 13-7) at Cincinnati (H.Bailey 7-5), 7:10 p.m.

Florida (Nolasco 9-9) at N.Y. Mets (Gee 11-5), 7:40 p.m. (2nd game)

Pittsburgh (Ohlendorf 0-1) at Houston (W.Rodriguez 9-9), 8:05 p.m.

Colorado (White 0-0) at Arizona (D.Hudson 13-9), 9:40 p.m.

San Diego (Latos 6-12) at L.A. Dodgers (Kershaw 16-5), 10:10 p.m.

Chicago Cubs (R.Wells 5-4) at San Francisco (Lincecum 12-10), 10:15 p.m.

Tomorrow's games

Florida at N.Y. Mets, 7:10 p.m.

Philadelphia at Cincinnati, 7:10 p.m.

Washington at Atlanta, 7:10 p.m.

Pittsburgh at Houston, 8:05 p.m.

St. Louis at Milwaukee, 8:10 p.m.

Colorado at Arizona, 9:40 p.m.

San Diego at L.A. Dodgers, 10:10 p.m.

Chicago Cubs at San Francisco, 10:15 p.m.

RAYS 12, BLUE JAYS 0

Tampa Bay	ab	r	h	bi	Toronto	ab	r	h	bi
Jnnngs lf	5	3	4	3	McCoy cf	1	0	0	0
Damon dh	6	0	1	0	YEscor ss	4	0	1	0
Longori 3b	4	0	1	1	Bautist rf	4	0	0	0
Zobrist 2b	5	2	1	1	Encrnc 1b	3	0	1	0
Ktchm 1b	2	1	0	0	Teahen ph-1b	1	0	0	0
BUpton cf	4	1	1	0	KJhnsn 2b	4	0	0	0
Joyce rf	6	1	3	2	Lawrie 3b	4	0	2	0
Jaso c	6	2	2	2	JMolin dh	4	0	1	0
SRdrgz ss	3	2	1	2	EThms lf	4	0	0	0
Arencii c	3	0	0	0					
Totals	**41**	**12**	**14**	**11**	**Totals**		**32**	**0**	**5**	**0**
Tampa Bay						**140**	**000**	**106**	**12**
Toronto						**000**	**000**	**000**	**0**

E—K.Johnson (1), Bautista (8). LOB—Tampa Bay 14, Toronto 8. 2B—Joyce 2 (27), Jaso (13). 3B—Jaso (1). HR—Jennings 2 (8), S.Rodriguez (6). SB—Jennings (14), B.Upton (27), McCoy (6). SF—Longoria.

	IP	H	R	ER	BB	SO
Tampa Bay						
Price W,12-11	7	3	0	0	2	14
B.Gomes	1 1-3	1	0	0	1	2
C.Ramos	2-3	1	0	0	0	2
Toronto						
Morrow L,9-9	5 1-3	6	5	5	3	5
R.Lewis	1 2-3	2	1	0	1	1
Carreno	1	1	0	0	2	1
Ledezma	1	5	6	6	3	0

HBP—by R.Lewis (Kotchman), by Morrow (Kotchman). WP—Morrow.

Umpires—Home, Jeff Nelson; First, Marty Foster; Second, Bill Welke; Third, Tim Tschida. T—3:16. A—21,618 (49,260).

SATURDAY

RAYS 6, BLUE JAYS 5

Tampa Bay	ab	r	h	bi	Toronto	ab	r	h	bi
Jnnngs lf	4	0	1	0	YEscor ss	5	0	0	0
Fuld rf	3	1	0	0	EThms lf	4	2	2	1
Longori 3b	2	2	0	0	Bautist rf	3	0	1	1
Zobrist dh	5	1	2	0	Lind 1b	4	0	1	0
BUpton cf	3	1	1	3	Encrnc dh	3	2	1	1
SRdrgz 1b-2b	4	1	3	2	KJhnsn 2b	3	0	0	0
Shppch c	4	0	0	0	Lawrie 3b	4	1	1	0
EJhnsn 2b-ss	4	0	3	1	Arencii c	4	0	1	2
Brignc ss	3	0	1	0	Wise cf	4	0	0	0
Ktchm 1b	1	0	1	0					
Totals	**33**	**6**	**12**	**6**	**Totals**		**34**	**5**	**7**	**5**
Tampa Bay						**000**	**201**	**300**	**6**
Toronto						**100**	**100**	**120**	**5**

E—Shoppach (3), Janssen (2). DP—Toronto 1. LOB—Tampa Bay 8, Toronto 5. 2B—Zobrist (43), S.Rodriguez (18), Bautista (22), Arencibia (15). 3B—Lawrie (4). HR—B.Upton (18), E.Thames (9), Encarnacion (14). SB—Zobrist (16), E.Johnson (5). CS—B.Upton (8), S.Rodriguez (6), E.Johnson (7). S—Fuld.

	IP	H	R	ER	BB	SO
Tampa Bay						
Niemann W,9-5	6 1-3	5	3	3	2	6
Howell H,6	2-3	0	0	0	0	1
McGee H,3	2-3	1	1	1	0	1
J.Cruz H,4	1-3	1	1	1	1	0
Jo.Peralta S,2-4	1	0	0	0	0	0
Toronto						
L.Perez	5	5	2	2	4	4
Camp L,1-3	1	2	1	1	0	0
Litsch	2-3	1	3	3	2	1
Janssen	1 1-3	3	0	0	0	0
F.Francisco	1	1	0	0	0	1

HBP—by Camp (B.Upton).

Umpires—Home, Tim Tschida; First, Jeff Nelson; Second, Marty Foster; Third, Bill Welke. T—3:24. A—24,052 (49,260).

SOCCER

MLS

Sunday Results

Los Angeles at New York (ppd., hurricane)

New England at Philadelphia (ppd., hurricane)

ENGLAND

PREMIER LEAGUE

Newcastle 2 Fulham 1

Tottenham 1 Manchester City 5

West Bromwich 0 Stoke 1

Manchester United 8 Arsenal 2

LEAGUE CHAMPIONSHIP

Nottingham Forest 1 West Ham 4

Watford 2 Birmingham 2

FRANCE

LIGUE 1

Lille 3 Marseille 2

Rennes 3 Caen 2

Sochaux 2 Saint-Etienne 1

Toulouse 1 Paris Saint-Germain 3

SCOTLAND

PREMIER LEAGUE

Hearts 2 Hibernian 0

Rangers 2 Aberdeen 0

St. Mirren 0 Celtic 2

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	8	7	1	0	212	157	14
Montreal	8	5	3	0	253	194	10
Hamilton	8	4	4	0	216	206	8
Toronto	8	2	6	0	184	233	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	8	6	2	0	232	203	12
Edmonton	8	5	3	0	174	190	10
B.C.	8	2	6	0	203	203	4
Saskatchewan	8	1	7	0	165	253	2

Week Nine

Byes: B.C., Edmonton, Saskatchewan, Toronto

Saturday Result

Calgary 38 Montreal 31

Friday Result

Winnipeg 30 Hamilton 27

NFL

PRE-SEASON

Last night's result

New Orleans at Oakland

Saturday Results

Buffalo 35 Jacksonville 32 (OT)

Dallas 23 Minnesota 17

Denver 23 Seattle 20

Detroit 34 New England 10

Houston 30 San Francisco 7

Pittsburgh 34 Atlanta 16

San Diego 34 Arizona 31

Tampa Bay 17 Miami 13

Tennessee 14 Chicago 13

Tonight's game

N.Y. Jets at N.Y. Giants, 7 p.m.

BASEBALL

LITTLE LEAGUE WORLD SERIES

At South Williamsport, Pa.

Championship

Yesterday's results

Huntington Beach, Calif. 2 Hamamatsu City, Japan 1

GOLF

PGA-BARCLAYS OPEN

At EDISON, N.J.

Par 71

Final Round

(event shortened to 54 holes due to Hurricane Irene):

Dustin Johnson, $1,440,000	66-63-65—194
Matt Kuchar, $864,000	63-65-68—196
Vijay Singh, $464,000	65-64-68—197
Brandt Snedeker, $464,000	70-66-61—197
Jonathan Byrd, $320,000	65-66-67—198
Brian Davis, $259,000	69-66-64—199
Justin Rose, $259,000	67-65-67—199
Camilo Villegas, $259,000	68-66-65—199
Y.E. Yang, $259,000	70-66-63—199
Charley Hoffman, $200,000	66-66-68—200
Webb Simpson, $200,000	71-66-63—200
Nick Watney, $200,000	67-69-64—200
Aaron Baddeley, $145,600	66-66-69—201
Jason Day, $145,600	67-68-66—201
Padraig Harrington, $145,600	65-67-69—201
Scott Piercy, $145,600	72-65-64—201
Gary Woodland, $145,600	70-66-65—201
Luke Donald, $100,800	70-66-66—202
Charles Howell III, $100,800	69-69-64—202
Ian Poulter, $100,800	71-67-64—202
Rory Sabbatini, $100,800	68-66-68—202
Chris Stroud, $100,800	65-69-68—202
Jimmy Walker, $100,800	71-64-67—202
Bill Haas, $61,900	67-68-68—203
Jerry Kelly, $61,900	69-69-65—203
Anthony Kim, $61,900	68-67-68—203
William McGirt, $61,900	64-69-70—203
Kyle Stanley, $61,900	68-66-69—203
Steve Stricker, $61,900	69-68-66—203
Bo Van Pelt, $61,900	67-68-68—203
Mark Wilson, $61,900	69-66-68—203
Kevin Chappell, $39,782	67-69-68—204
K.J. Choi, $39,782	70-67-67—204
Ernie Els, $39,782	68-69-67—204
Trevor Immelman, $39,782	67-70-67—204
Fredrik Jacobson, $39,782	67-68-69—204
Marc Leishman, $39,782	69-68-67—204
Carl Pettersson, $39,782	69-66-69—204
Kevin Streelman, $39,782	69-66-69—204
Cameron Tringale, $39,782	74-63-67—204
Sergio Garcia, $39,782	68-66-70—204
Bill Lunde, $39,782	69-69-66—204

LPGA-CANADIAN WOMEN'S OPEN

At MIRABEL, Quebec

Par-72

Final Round

(a-denotes amateur):

Brittany Lincicome, $337,500	68-68-69-70—275
Stacy Lewis, $177,981	69-71-69-67—276
Michelle Wie, $177,981	67-69-68-72—276
Cristie Kerr, $104,478	69-68-69-71—277
Angela Stanford, $104,478	67-66-72-72—277
Hee-Won Han, $61,558	72-71-66-69—278
Jenny Shin, $61,558	67-70-71-70—278
Na Yeon Choi, $61,558	68-69-69-72—278
Jiyai Shin, $61,558	70-67-69-72—278
Sun Young Yoo, $44,050	68-70-71-70—279
Song-Hee Kim, $44,050	67-68-71-73—279
Katie Futcher, $36,030	69-71-71-69—280
Hee Young Park, $36,030	68-71-71-70—280
Jennifer Johnson, $36,030	72-67-68-73—280
Tiffany Joh, $36,030	70-69-65-76—280
Becky Morgan, $30,158	69-67-70-75—281
Ai Miyazato, $30,158	65-68-71-77—281
Mika Miyazato, $26,024	69-72-72-69—282
Gerina Piller, $26,024	70-66-77-69—282
Morgan Pressel, $26,024	72-71-70-69—282
Paula Creamer, $26,024	68-68-72-74—282
Kris Tamulis, $26,024	72-67-69-74—282
Amy Hung, $21,197	70-72-72-69—283
Seon Hwa Lee, $21,197	71-65-76-71—283
Mi Hyun Kim, $21,197	67-71-73-72—283
Giulia Sergas, $21,197	71-71-69-72—283
Sophie Gustafson, $21,197	68-68-74-73—283
Caroline Hedwall, $21,197	69-70-69-75—283

TENNIS

ATP WINSTON-SALEM OPEN

At Winston-Salem, N.C.

Singles

Championship

John Isner (4), U.S., def. Julien Benneteau, France, 4-6, 6-3, 6-4.

Doubles

Championship

Jonathan Erlich and Andy Ram, Israel, def. Christopher Kas, Germany, and Alexander Peya (4), Austria, 7-6 (2), 6-4.

WTA TEXAS OPEN RESULTS

At Grapevine, Texas

Singles

Championship

Sabine Lisicki (5), Germany, def. Aravane Rezai, France, 6-2, 6-1.

Doubles

Championship

Alberta Brianti, Italy, and Sorana Cirstea, Romania, def. Alize Cornet and Pauline Parmentier, France, 7-5, 6-3.

WTA NEW HAVEN OPEN

At NEW HAVEN, Conn.

Singles

Championship

Caroline Wozniacki (1), Denmark, def. Petra Cetkovska, Czech Republic, 6-4, 6-1.

Doubles

Championship

Chuang Chia-jung, Taiwan, and Olga Govortsova (3), Belarus, def. Sara Errani and Roberta Vinci, Italy, 7-5, 6-2.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

BALTIMORE ORIOLES—Recalled LHP Mark Hendrickson from Norfolk (IL). Placed LHP Troy Patton on the restricted list.

CLEVELAND INDIANS—Transferred OF Michael Brantley to the 60-day DL. Recalled OF Jerad Head from Columbus (IL). Optioned LHP Nick Hagadone to Columbus.

DETROIT TIGERS—Activated OF Don Kelly. Optioned 3B Danny Worth to Toledo (IL).

MINNESOTA TWINS—Recalled C Rene Rivera from Rochester (IL). Optioned UT Matt Tolbert to Rochester.

OAKLAND ATHLETICS—Designated LHP Jerry Blevins for assignment. Recalled RHP Graham Godfrey from Sacramento (PCL).

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS—Assigned 3B Cody Ransom to Reno (PCL).

SAN FRANCISCO GIANTS—Activated OF Andres Torres and RHP Sergio Romo from 15-day DL. Optioned LHP Eric Surkamp to San Jose (Cal) and LHP Dan Runzler to Fresno (PCL).

FOOTBALL

NFL

BUFFALO BILLS—Released WR Paul Hubbard, RB Anthony Elzy, DB Rajric Coleman, DB Loyce Means, OL Isaiah Thompson, and P Reid Forrest.

GREEN BAY PACKERS—Released TE Spencer Havner, WR Brett Swain and OT Theo Sherman.

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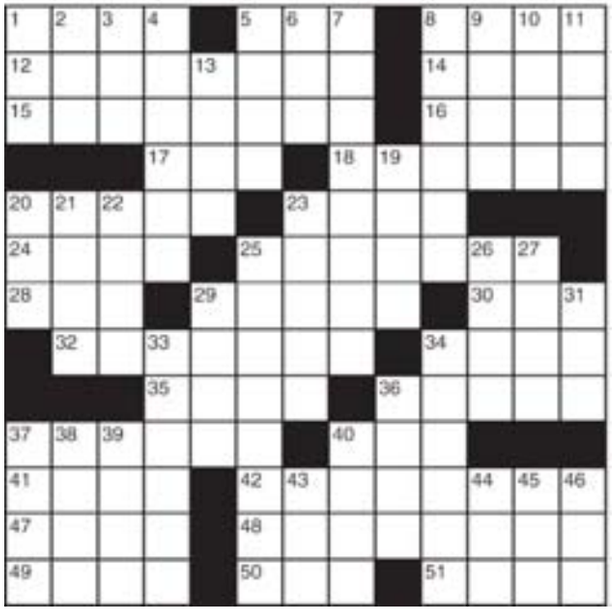
Crossword

Across

1 Largest continent
5 Nourished
8 No different
12 "Cabaret" star
14 Tel —
15 Basis for some word puzzles
16 Central points
17 Mouth part
18 Form of embroidery
20 Rouge location
23 Coin aperture
24 Mine, partially
25 Examine
28 Inventor Whitney
29 Path
30 Listening organ
32 California city
34 Exceptional
35 Authentic
36 Actress Ringwald
37 Hibiscus or hollyhock
40 Abrade
41 Author Wiesel
42 Huge constrictor
47 Microwave, e.g.
48 America's Cup competition
49 Test the waters
50 007 is one
51 Argument

Down

1 "I — Camera"
2 Sermon subject
3 "— pig's eye!"
4 They're measured in degrees
5 Envelope part
6 Shady tree
7 Repudiate
8 Two-pointer in football
9 Acknowledge
10 "Three Blind —"
11 Satanic
13 Actor Estrada
19 Bun
20 Miler Sebastian
21 Hawaiian dance
22 Ms. Brockovich
23 Slow-moving gastropod
25 Accesses to a basement
26 Ardor
27 Count counterpart
29 Vincent van Gogh's brother
31 King (Sp.)
33 Francis or Dahl
34 Automatons
36 Lots
37 Cat call?
38 Thomas — Edison
39 Told tales
40 Risque
43 Siesta
44 Pinch
45 "CSI" evidence
46 Representative (Abbr.)chgoer



▶ Friday's answer

Sudoku

				2		8	9	
9		5	3					
7					8		3	
		3		4			6	
5			8		7			2
	2			6		1		
	4		1					6
					9	7		4
	9	7		8				

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

9	5	3	4	1	7	6	2	8
2	8	4	6	5	3	9	1	7
1	7	6	8	9	2	5	4	3
5	2	7	3	6	8	1	9	4
6	3	9	2	4	1	7	8	5
4	1	8	9	7	5	2	3	6
3	4	5	1	2	6	8	7	9
7	9	1	5	8	4	3	6	2
8	6	2	7	3	9	4	5	1

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

250%
Thanks for the chocolates n Kiwi. I am sending you a seagull with my love n a Flamingo show to enjoy. Love you more than myself. Thinking of you every second of every day! Love me honey.
FROM PART OF 250%

The Dude
We will all love to wish you a Happy 78th Birthday. You are a wonderful , kind, caring man who loves are grandmother a lot. Your always there for her and have been for 50 years. You have been there for us since day one. We look at you as our grandpa. Words can describe how much you have done for us and been there. Happy birthday dude. We all love you very much.
FROM THE B FAMILY

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You may be planning to do more but deep down you know you are working hard enough already.

♉ Taurus April 21-May 21 Obstacles are few and opportunities are limitless.

♊ Gemini May 22-June 21 You must do all you can to avoid some kind of feud or falling out.

♋ Cancer June 22-July 22 Your communication skills are sharp at the moment, so make sure everyone knows what you think.

♌ Leo July 23-Aug.23 You need to find clever solutions to difficult problems. One way is to be more adaptable.

♍ Virgo Aug. 24- Sept. 22 A new moon in your sign indicates a new start in whatever areas of your life you think most need to change.

♎ Libra Sept. 23-Oct. 23 Think deeply about your life and the direction it is taking.

♏ Scorpio Oct. 24-Nov. 22 Get involved in something that is bigger than yourself, something that can change the world for the better.

♐ Sagittarius Nov. 23-Dec. 21 Think of ways you can impress colleagues, employers and other important people.

♑ Capricorn Dec. 22-Jan. 20 Be outspoken but don't go too far and say things that might make you powerful enemies.

♒ Aquarius Jan. 21-Feb. 18 You are carrying a lot of excess emotional baggage at the moment and need to lighten your load a bit.

♓ Pisces Feb. 19-March 20. No matter how bad your own situation might be you must make time to help loved ones solve their problems first. . SALLY BROMPTON

Caption contest

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WONG MAYE-E/THE ASSOCIATED PRESS

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- 4x4, Load, A/C, Roof, Lthr, Auto
- st: 32051
- km: 62079

$31,870

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08 Mazda CX-9
- AWD, Load, A/C, Lthr, Auto
- st: 32182
- km: 48564

$25,950

$163** Bi-weekly

08 Benz B200
- Load, A/C, Auto
- st: 32353
- km: 66500

$17,880

$163** Bi-weekly

11 Mazda2
- Load, A/C, Auto, Brand New
- st: 32649
- km: 30

$16,950

$137*** Bi-weekly

07 Pontiac Wave
- Std
- st: 32687
- km: 54018

$6,850

$62** Bi-weekly

07 Nissan Versa S
- Std
- st: 32719
- km: 58928

$7,750

$71** Bi-weekly

11 Volvo C70
- Hardtop Convert Load, Lthr, Auto
- st: 32285
- km: 19652

$39,930

$309*** Bi-weekly

10 Benz GLK350
- AWD, Load, Roof, Lthr, Auto
- st: 32347
- km: 62310

$37,830

$293** Bi-weekly

09 Toyota Venza
- AWD, Load, A/C, Auto
- st: 31787
- km: 22487

$26,850

$208*** Bi-weekly

10 Mazda3 GS
- Load, A/C, Std
- st: 32618
- km: 63820

$13,850

$112*** Bi-weekly

08 Toyota Yaris
- Std
- st: 32499
- km: 51207

$9,650

$88** Bi-weekly

10 Honda Insight
- Hybrid, Load, A/C, Auto
- st: 31958-A
- km: 53737

$18,800

$152*** Bi-weekly

08 Lexus IS 250
- AWD, Load, A/C, Roof, Lthr, Auto
- st: 29824
- km: 75146

$28,840

$253** Bi-weekly

07 Volvo XC90
- AWD, Load, A/C, Roof, Lthr, Auto
- st: 32592
- km: 64925

$23,940

$210** Bi-weekly

07 Lincoln MKZ
- AWD, Load, A/C, Roof, Lthr, Auto
- st: 32203
- km: 58500

$18,820

$171** Bi-weekly

09 Kia Rio
- Load, A/C, Auto
- st: 32437
- km: 63588

$9,820

$79*** Bi-weekly

07 Hyundai Accent
- Load, A/C, Auto
- st: 32548
- km: 99490

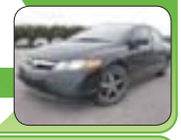
$6,940

$63** Bi-weekly

07 Honda Civiv DX-G
- Load, A/C, Auto
- st: 11136-A
- km: 93331

$11,350

$103** Bi-weekly



08 Benz C300
- Load, A/C, Roof, Lthr, Auto
- st: 32357
- km: 40721

$28,650

$251** Bi-weekly

07 Cadillac STS
- AWD, Load, A/C, Roof, Lthr, Auto
- st: 29658
- km: 79888

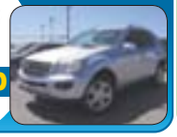
$19,850

$181** Bi-weekly

07 Benz ML320
- Diesel, AWD, NAV, Roof, Lthr
- st: 32168
- km: 72545

$34,680

$304** Bi-weekly



09 Smart Fortwo
- Load, A/C, Auto
- st: 32624
- km: 12568

$12,980

$105*** Bi-weekly

07 Hyundai Elantra
- Auto
- st: 31589
- km: 96648

$7,950

$72** Bi-weekly

08 Mini Cooper
- Load, A/C, Lthr, Auto
- st: 32001
- km: 71698

$16,870

$154** Bi-weekly

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2008 VOLVO C30 • Load, A/C, Auto • $16,970 • st: 32561 • km: 77462 • $155** Bi-Weekly

2007 PONTIAC VIBE • A/C • $8,950 • st: 32044 • km: 95204 • $82** Bi-Weekly

2007 CHEVROLET EQUINOX LT • Load, A/C, Roof • $13,640 • st: 32482 • km: 57348 • $124** Bi-Weekly

2010 FORD MUSTANGE • Convert, Load, A/C, Auto • $23,850 • st: 31839 • km: 53533 • $185*** Bi-Weekly

2007 ACURA TSX • Load, A/C, Roof, Lthr, Auto • $16,840 • st: 32300 • km: 80527 • $153** Bi-Weekly

2008 FORD RANGER XL • Std • $9,820 • st: 32350 • km: 82025 • $89** Bi-Weekly

2007 SATURN AURA XE • Load, A/C, Auto • $9,660 • st: 31687 • km: 81620 • $88** Bi-Weekly

2010 SUZUKI SX4 • Load, A/C, Auto • $10,970 • st: 32707 • km: 60092 • $89*** Bi-Weekly

2007 CHEVROLET UPLANDER LS • Load, A/C • $9,650 • st: 31512 • km: 90245 • $88** Bi-Weekly

2010 GRAND CARAVAN SE • Stow N Go, Load, A/C • $16,960 • st: 32706 •km: 65190 • $137*** Bi-Weekly

2007 FORD FUSION SE • Load, A/C, Roof, Auto • $9,970 • st: 32483 • km: 88779 • $91** Bi-Weekly

2009 JEEP PATRIOT • 4WD, Load, A/C, Auto • $13,650 • st: 32703 • km: 98961 • $110*** Bi-Weekly

2010 TOYOTA COROLLA CE • Load, A/C, Auto • $14,450 • st: 32303 • km: 65154 • $117*** Bi-Weekly

2007 PONTIAC G6 GT • Convert, Load, A/C, Auto • $14,950 • st: 32611 • km: 74951 • $136** Bi-Weekly

2009 MITSUBISHI LANCER • Load, A/C, Auto • $12,800 • st: 32401-A • km: 38247 • $104*** Bi-Weekly

2007 TOYOTA RAV4 • 4WD, Load, A/C, Auto • $16,840 • st: 32215 • km: 94969 • $153** Bi-Weekly

2007 VOLKSWAGEN RABBIT • Load, A/C, Auto • $11,950 • st: 32523 • km: 71325 • $109** Bi-Weekly

2008 FORD ESCAPE XLT • Load, A/C, Auto • $14,460 • st: 32597 • km: 60987 • $132** Bi-Weekly

2007 TOYOTA MATRIX • Std • $7,950 • st: 31443 • km: 91796 • $72** Bi-Weekly

2010 NISSAN SENTRA • Load, A/C, Auto • $13,750 • st: 32385 •km: 60529 • $111*** Bi-Weekly

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